WENDELL POST

50¢ (cheap)

Vol. 19 #3 August - September 1995

Twenty five Years

1995 is Ted Lewis' 25th anniversary as a selectman in Wendell. Ted's official town service goes back even further.

In 1954, Ted became a charter member of the Wendell Fire Department. Ted remembers the town's first fire engine was an American La France and that it was kept in a barn until he and the other volunteers built the old fire station.

Throughout the 1950's and 1960's, Ted held a variety of jobs in town, such as road crew, fire chief, and town assessor.

It was Ted's position as assessor that led him to his current post. Ted recognized what spiraling town tax rates were doing to Wendell's older citizens, many of whom were living on fixed budgets. Rather than have the town take away their homes because of unpaid tax bills, Ted felt that as a selectman he could tackle the problem head on with creative measures and legislation. Helping people in town and doing the best job possible are still major concerns for Ted Lewis.

When Ted was elected to the selectboard in 1970, the other members were Milton Henshaw and Harry Williston. One of the first things Ted remembers doing was putting the town hall to use as town offices.

Ted grew up in Wendell and has lived here since he was three years old. He fondly remembers ice skating on Fiske and Wickett ponds in the winter, and school closing so kids could pick blueberries at 5¢ a quart in the fall. Cont. pg. 2 see Lewis

Citizen of the Year

Everett, became involved in the fire department after volunteering many times at local brush fires back in 1955. This led to him being a member for many years, until he was appointed, Capt. by the chief, Myron Gibbs. Later on he was deputy chief and has been Chief since 1976.

During this time, Everett had brought scouting to Wendell. He was scoutmaster and cubmaster of Troop #344, and the Cub Pack, of Wendell, the committee chairman for the Orange Cub Scouts, and assistant scoutmaster of the Orange Boy Scouts. He was the recipient of the "Sparky" Award (only five awarded out of 500) for being involved in the Monadnock Council and the Great Trails Council at the same time.

During the time he was serving both in the fire department and the boy scouts, he was asked to be a member of the Franklin County Tech School Planning Committee, as a Curriculum Committee advisor, being a graduate from Boston Trade High School,.

continued on page 2

Tilly Burnett

Tilly Burnett died at Baystate Medical Center in Springfield, Thursday, July 13, 1995.

He was born in Erving, Sept. 2, 1934, the son of Donald W. and Edna E. (Rock) Burnett. He attended Erving schools and New Salem Academy. Tilly leaves his wife of 42 years, Joan E. (Carey) Burnett; two sons, Harold W. Burnett, Jr. of Wendell and Mark Burnett of Turners Falls; two daughters, Susie Cannon and Kara Swan, both of New Salem; his mother, Edna Burnett of Greenfield; a brother, Edward Burnett; seven grandchildren; several nieces and nephews.

A funeral service was held July 17 at Witty's Funeral Home in Orange and he was buried in Plainview Cemetery, North Leverett.

Tilly lived in Wendell for over 40 years. He was a carpenter by trade, having trained with Bill Gass of South Deerfield. He was a self-employed building contractor until his retirement.

Speaking with Ted Lewis, I gained more of a sense of Tilly, the man I had served alongside of as a firefighter for many years. Tilly was a doer. If someone needed some help -- even if Tilly didn't agree or like that person -- he would first be honest about what he thought of you, then he would help you.

Cont. pg2 see Tilly

WENDELL POST

CONTACT STAFF

Kathy Becker 544-5557
Gloria Kegeles 544-0922

STAFF

Kathy Becker, Stephen Broll, Anne Diemand, Tessa Diemand, Francis Doughty, Laura Doughty, Christine Heard, Ina LeVangie, Joe Coll, Linda Hickman, Jonathon von Ranson, Gloria Kegeles, Nina Keller, Nae Oma, Ina Phelps, Roni Stowell, Shirley White, Josh Heinemann, Kathy Swaim, Margo Culley, Beth McConnell, Dona O'Dou

CONTRIBUTORS

Ed Chase, Marion Herrick, Bob Leet, Elizabeth Scully, Judy Wilder, Molly Kaynor, Anna Hartjens, Rosie Heidkamp, Everett Ricketts, Matt Stamell, Bill Lafley, Charles Smith, Wendell Country Store, Wendell Senior Center

Advertising: Gloria Kegeles 544-0922
Delivery: Nae Oma, Nina Keller, Kathy Becker and Anne Diemand
Photographers: Gloria Kegeles and Linda Hickman
Treasurer: Ina Phelps
Printer: Highland Press
Cover Art: Molly Kayner

POST ARTICLE INSTRUCTIONS

All articles and letters submitted to the Post for publication need to be signed. If you have a computer, you can help by setting them in our style: 3 3/4" wide, 10 point font size, standard font. Indent three spaces for paragraphs, and do not use an extra space between paragraphs. Please be brief, to share our limited space. If you have questions, call a Post staffer.

Articles: The Post welcomes signed, concise articles about topics of interest to Wendell

Letters: The Post accepts brief letters. Remember, passion doesn't need to be mean.

Artwork: Local artwork lovingly accepted. Must be in shiny black ink.

Citizen continued from page 1

Another iron he had in the FIRE was accepting the challenge to form and be a member of the finance research committee, noting, there was no finance committee in the town of Wendell.

Everett is also, and still is, a charter member of the Orange Lions Club, which started in 1975, has worn all the "hats", and is a recipient of the coveted Joseph J. Carmarda Award,for dedicated humanitarian service.

He was also active for many years with the Fire dept. and the Ladies Aid, in putting on the Annual Old Home Day. His dedication to the town of Wendell, in these rolls, were as rewarding to him as to the town.

These are some of the reasons , I feel he was deserving of the " Citizen of the Year Award"

Respectfully,

Tilly cont. from pg. 1

Ted talked about their children going to each other's parents for help. Getting stuck at night Ted's kids would call Tilly and Tilly's kids would call Ted. A good neighbor, a good friend. You needed a hand with something, to borrow a tool --Tilly's name was at the top of the list.

Tilly did a lot for the Town. Officially he served many posts. He was a firefighter, serving as chief for a couple of years. He helped build the addition on the old Fire Dept. He was a Police Officer for many years and Dog Officer for a couple. What many people in town dealt with Tilly officially for, was his very long term as Building Inspector. These were definitely from a time called the "Good ole days". When I went for my building permit and found out we needed plans for the house, we found a used envelope and did the plans on the back of it. They were accepted and we built our house. Tilly's thought was to make sure the structures were safe but he was lenient in applying the laws. Things were able to be much more casual in his time as Building Inspector.

One of his loves was hunting. He would work hard, but when hunting time came he was out there in the woods doing what he loved best.

In his later years folks have mentioned that he mellowed with age. He stopped drinking the beer he so loved but he sure did know the local coffee shops!

It was a pleasure to see Tilly and Joan attend their grandchildren's events at school, and it was easy to see the pride in his eyes as he watched them perform or as he spoke of his time with them.

Tilly was a good man to have as a neighbor, as a friend, as a local man to call upon. There is a hole where he once stood.

Anne Diemand

Lewis cont. from pg. 1

On Saturdays he and his friends would walk to the movies in Orange, and he also remembers walking to the New Salem Academy for high school.

After high school Ted joined the U.S. Navy. His father, Arthur Lewis, was a Navy submariner of World War I. Ted earned his sea legs aboard a destroyer while serving his country during the Korean War.

Another tradition in Ted's family is service to Wendell as a selectman. Ted's father, who also served as a selectman, initiated the drive to ask Governor Tobin to electrify Wendell. Arthur's drive was successful, and in 1945 West Rd. became the first street in Wendell to have electricity.

Ted gathers strength and support from his wife, Marjorie. 1995 marks their 45th wedding anniversary. Marjorie is a long-time resident of Wendell, and was a neighbor, school pal and friend of Ted's since they were children. Marjorie was one of the first students to attend the "new" Wendell Center School on the town common.

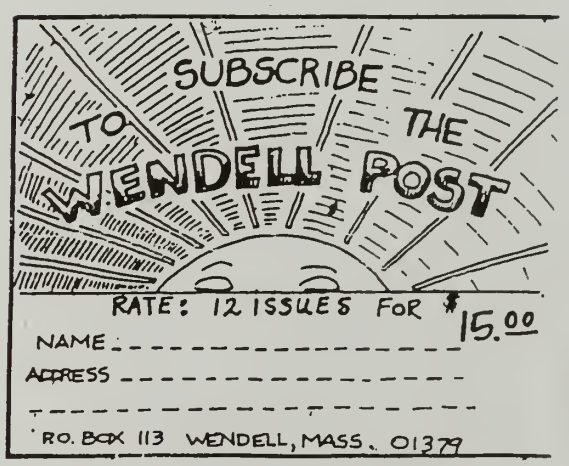
When asked about some of his most memorable events of his past 25 years as a selectman Ted replied: the town's bicentennial in 1981, the bandstand being rebuilt on the common, and the special legislation that was needed to create the Swift River School as a two-town school since Wendell and New Salem weren't part of a regional school system.

Ted acknowledges that being a member of the selectboard is a challenging and demanding position. In the future Ted expects more government regulations which lead to more expensive government. Ted expresses a wonder as to how a small town such as ours can pay for it? "We're an isolated town so industrial and commercial development looks elsewhere ... good roads might lead to a better environment for business and tourism" (so we wouldn't have to put such a tax burden on home owners).

Ted points out that one aspect of why he likes Wendell so much is "small town people help each other". When asked about his goals as a selectman, Ted replied that he is always looking to do his job better, and to try to make government work a little bit easier. He also wants to find the money for Wendell to improve itself.

Ted says that being a member of the selectboard is long, hard work, devoting lots of time to public service, but that when he wins an issue in favor of Wendell--it is a very enjoyable experience.

Joseph Coll



"I haven't gone to a doctor for 10 years!"

In this day and age, this kind of thinking is nothing to brag about.

Athol Memorial Hospital, as part of its on-going health education and wellness program, urges you to see a doctor now. Alternative medicine may have benefits in some instances, but the scientific method that is the basis for Western medicine is the major reason for increased longevity and health worldwide.

Early detection and treatment can help with:
- **High blood pressure (risk of stroke)**
- **Diabetes**
- **Cancer (breast, skin, prostate, cervix, etc.)**
- **Sexually transmitted diseases**
- **Choiesterol (risk of heart disease)**

Will these health problems go away if you ignore them?

Usually not.
Don't brag foolishly about your failure or refusal to see a doctor.

Call Alien Young at Athol Memorial Hospital's public relations department for a complete listing of physicians who practice medicine in Orange and Athol, including pediatricians, internists, family practitioners and many specialists. Call for an appointment today! You'll be glad you did — and so will your loved ones.

Athol Memorial Hospital wants to be the hospital of choice for the people of Wendell. Find out about what we have. You'll be pleasantly surprised.

Athol Memorial Hospital

2033 Main St. Athol MA 01331

508-249-3511

Wendell Fire Dept.

#1	6-7-95	Downed Power Line/Pole	Farley Rd.
#2	6-11-95	Medical Call	West Rd.
#3	6-15-95	Vehicle Fire	Farley Rd.
#4	6-18-95	Medical Call	Lake Grove School
#5	6-18-95	Structure Fire	272 Lockes Village Rd
#6	6-20-95	Alarm Sounding	Swift River School
#7	6-23-95	Medical Call	1 Jennison Rd.
#8	6-24-95	Medical Call	Lake Grove School
#9	6-25-95	Medical Call	lake Grove School
#1	7-15-95	Trees on power lines-A.M.	New Salem Rd.
#2	7-15-95	Trees on power lines	Locke Hill Rd.
#3	7-15-95	Trees on power lines- P.M.	New Salem Rd.
#4	7-20-95	Structure Fire	11 Montague Rd.

Mahar Registration

The Student Services Office of the Ralph C. Mahar Regional School will be open August 21, 22 and 23 for the purpose of scheduling students new to the area in Grades 7 through 12. Any students who are planning to re-enroll at Mahar should also have an appointment scheduled during this time.

Parents or guardians of these students should contact the Student Services Office at 544-2542 to schedule an appointment prior to the week of Aug. 21. The regular summer hours of the Student Services Office are 8:00 am to 3:00 pm. Monday through Friday. Parents or guardians must accompany the student for the scheduled appointment in August and have in hand, or sent to Mahar previous to the appointment, all academic, health, and disciplinary records. Special education records must also be given to Mahar for those students who require special education services.

Students who are not scheduled during this time will be scheduled starting on Aug. 28 at the convenience of their particular guidance counselor. An appointment must still be made in advance to be scheduled with the individual counselors, and Mahar must have all necessary records for these students.

Please contact the Student Services Office as soon as possible to schedule an appointment.

Wendell Well Fund Benifit

Tag Sale - Sat., Sept. 9, 10 a.m. for the WENDELL TOWN HALL WELL FUND at Diemand Egg Farm on Mormon Hollow Rd.

Herbal Teas for Heart & Soul

Beverage Teas • Medicinal Teas
Custom Blends • Brewing Supplies
Bulk Dried Herbs • Healing Salves
Beautiful Gift Baskets

Call or write for a free catalog!

ARTEMIS Herbs & Botanicals
175 Neilson Rd., New Salem, MA 01364
1-508-544-7559

Esther M. Francis

Esther M. Francis, 83, of Merrimack, N.H. died June 30, 1995 in the Courville nursing home in Nashua, N.H. after a brief illness.

She was born in Fall River, Mass. on April 12, 1912. She and her husband moved to Wendell in the early 1970s where they remained for many years until Mr. Francis' failing health prompted them to move to New Hampshire to be near their daughter. She was a member of the Wendell Golden Agers and continued to support them even after moving away.

Survivors include a daughter, Barbara Mercier of Nashua, N.H. and a son, Theodore of St. Charles, Mo. The funeral was private and burial took place in the Wendell Center Cemetery.

Home Burns in Wendell

On July 20th another Wendell home was involved in fire, as a fan ignited flames at the Carey residence on Montague Rd. that destroyed much of the house.

Wendell Fire Dept. received the call at 5:35 am, and trucks were at the site in nine minutes. The occupants (two women and four children) had safely exited, and the blaze was quickly extinguished. The home was lost, but the house was insured against fire. No injuries were reported, and the Wendell F.D. was commended for their exceptional speed and efficient teamwork.

WENDELL WEATHER

	JUNE	JULY
Avg H Temp(*)	82(77)	86(81)
Avg L Temp	53(54)	59(59)
Mean	67.4	72.3
Avg Mean(89-94)	65.7	70.1
Rain(")	2.45	3.20
Snow(")	0	0

* - Average monthly H and L temperatures for 1989 - 94.

It comes as no surprise to anyone who has spent any time outdoors these past two months that its been hot. The numbers bear this out, June and July both averaged 2°above my normal. Their average high temps were also 5° above normal. The two month period had 30 days with a high temp. of 85° or higher and 14 days with temps of 90°or higher.

Bill Lafley

Cholesterol Screening

CHOLESTEROL SCREENING at the Senior Center **on Thursday**, Sept. 21 from 10 to 11. Dr. Fadi Baladi, a new physician in Orange will be guest of the Wendell Council on Aging. People of all ages are invited to meet Dr.Baladi who is a specialist in internal medicine, providing primary health care services to adults and adolescents.He will speak briefly about cholesterol and heart disease and will be available to answer questions on other topics.

Corrections

The June/July issue's 'House Fire' article contained a couple of errors. The Orange Fire Dept. did not provide trucks or assistance, but served as back-up in case of simultaneous calls. Also, the trails of gasoline observed led only to the car; the well-line was covered with hay only, as it was newly constructed.

We hope these oversights have not caused any inconvenience.

TOWN OF WENDELL MASSACHUSETTS 01379
TOWN HALL 508 544 3395

~SELECTBOARD MINUTES~

Wendell Selectboard Meeting June 6, 1995 - Minutes -
The meeting convened at 7:00 pm. Members present were: Anne Zak, Margo Culley, Ted Lewis. Also present were Fran Zera and Elizabeth Scully. Minutes were read and approved.

Board members Anne Zak and Margo Culley appointed Ted Lewis as an Alternate Representative to the Zoning Board.

The Selectboard accepted Christine Heard's resignation from the School Committee. Ms. Heard is applying for another position.

Franklin County Home Care will be holding its annual picnic on July 20, 1995.

Lake Grove School has scheduled its commencement for June 29, 1995 at 11:00 am. Wendell Selectboard members received invitations to the ceremony.

Hal Stowell attended the meeting with a written complaint about the incessant barking of his neighbor's dogs. A copy will be sent to Dog Warden, Maggie Houghton, and a Dog Hearing will be held on June 27, 1995 at 7:30 pm.

Mr. Stowell also complained about trees planted by the Wendell Tree Warden on Dirth Road. Margo Culley will meet as a mediator with Mr. Stowell and Tree Warden, Mr. Bacigalupo.

Anne Zak signed an Expression of Interest for DEP Failed Septic Grant Program.

Board members signed the appointment forms for the County Wiring Inspector.

The members also signed the close-out for the 92 Small Cities Grant.

A meeting of the Selectboard and the Swift River School Committee is scheduled for June 20, 1995 at 8:30 pm. A review of applicants for the School Committee will take place.

The meeting adjourned at 9:00 pm.

Wendell Selectboard Meeting June 13, 1995 - Minutes -

The meeting convened at 7:00 pm. Members present: Anne Zak, Margo Culley and Ted Lewis. Also present were: Regina Curtis, Fran Zera and Elizabeth Scully.

Police Officer, Jim Hebert attended the meeting in defense of the police response to calls made by Hal Stowell on April 21, 1995. A Dog Hearing will be held on June 27, 1995 in response to Mr. Stowell's complaint against Art Johnson, neighbors who reside on Jennison Road.

Two pole hearings were held. Rosie Heidcamp , representing herself and her neighbors on Farley Rd., attended the hearing. Mr. Mead, the petitioner for Old Stage Rd., promised to plow the road himself or have it plowed. He requested the poles be placed with full knowledge that the road has been discontinued for service by the town. Mr. O'Boyle, Right of Way Mgr. from NETCo., attended the hearing. Both pole hearings were approved.

Jennison Rd. culvert update - Ms. Curtis reported that the Cohen Bill has no effect on road repairs. Mr. Bacigalupo will send the map to the MDC.

The LLRW (Low Level Radioactive Waste) meeting is scheduled for June 15, 1995 from 7-10:00 pm at the First Unitarian Universalist Church.

The STAR meeting is rescheduled for July 13, 1995.

The Massachusetts Rural Development Council will hold an all-day conference on June 28, 1995 at the Best Western Hotel in Marlborough.

The Northern Tier Partnership hired Markly Wilson from the East West Consulting Firm of Troy, NY.

Margo Culley reported that Hal Stowell and Danny Bacigalupo came to an understanding regarding trees on Dirth Rd. at their meeting.

Board members interviewed Nancy Reibschlaeger for the position of Town Accountant. They will meet again in a week after references are approved.

Selectboard discussed repairs for the Town Hall kitchen and the cost of items such as: a stove, the electric wiring, paint and linoleum.

The Selectboard's summer schedule is as follows. They will meet on July 11th and 25th and August 8th and 22nd, and on September 5th.

The meeting adjourned at 8:50 pm.

Wendell Selectboard Meeting June 20, 1995 - Minutes -

The meeting convened at 7:00 pm. Members present were: Anne Zak, Margo Culley and Ted Lewis. Also present were Regina Curtis, Doug Turner and Elizabeth Scully.

Nancy Riebschlaeger attended the meeting at the request of the Selectboard. The Board reviewed letters of recommendation for Ms. Riebschlaeger's competence for the position of Town Accountant and ultimately appointed her to that position starting July 1, 1995 and running through June 30, 1997.

A HUD Program Public Hearing was held re the Community Development Grant. The Grant will include 3 Dry Hydrants which will greatly assist the Fire Department. There will be one on Boland Pond, one on Stone Pond and one on Stillwater Pond. The Grant will also cover reconstruction of a portion of Morse Village Rd. and 3 to 5 housing units in town.

A Dog Hearing was held in response to complaints made by Al Miller and Charles Bowes against Richard Shaw, their neighbor and the owner of 3 dogs. The compplainants allege the dogs are left alone and disturb the pieace with their constant barking. Mr. Shaw claims he will be moving back onto his property with a temporary mobile home while rebuilding his home which was destroyed by fire. He promised to be back on his property within 2 weeks. Ted Lewis will represent the Board and visit the site to check on progress being made. Maggie Houghton attended the hearing. She will continue to visit the dogs as she has been doing to make sure they have proper shelter along with food and water.

Board members also reminded Mr. Shaw that the law allows only 2 unregistered vehicles on privately owned property unless licensed to do so. They asked him to remove all others or apply for a license.

The Board reviewed a letter from George O'Boyle, Right of Way Mgr. from NETCo. re: tree trimming while placing poles.

The Swift River School Committee met with the Board to appoint 2 new members to fill vacancies made by the resignations of Carolyn Manley and Christine Heard. Christine Ewell introduced Beth McConnell as an applicant and Phil Delorey also applied. They were both appointed by the Selectboard.

The Board also received a letter of resignation from the School Committee from Jan Stiefel. Shey may apply again when her children are older, she said.

A letter from the DEM was received re the removal of wood from the forest. The meeting adjourned at 9:20 pm.

Wendell Selectboard Meeting June 27, 1995 - Minutes -

The meeting convened at 7:00 pm. Board members present were: Margo Culley and Ted Lewis. Also present were Regina Curtis, Doug Turner, Fran Zera and Elizabeth Scully.

Minutes were read and approved. Warrants were signed.

Regina Curtis gave a report on the Boston Clay meeting she attended. Wendell will not be eligible for receiving clay because of the high shipping costs. However, there is a possibility of a monetary grant for towns such as Wendell.

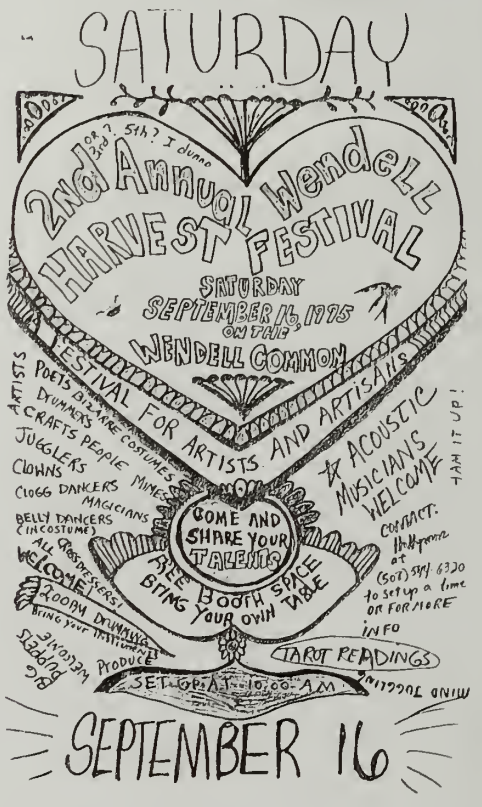
Grant applications will start in late fall, Ms. Curtis said, and Wendell might be eligible for a sum of $3600.

Ms. Curtis also gave an update on the Block Grant. Wendell will be awarded funds for two of the dry hydrants applied for but may not get the third because of income guidelines. Families living in near proximity to the proposed sites do not fall under the required income specifications.

The Franklin County Technical School has reduced its minimum contribution amount.

A Dog Hearing was held at 7:30 pm. Those present were Maggie Houghton, Wendell's Dog Warden, Hal Stowell, the complainant and Art Johnson, Mr. Stowell's neighbor and the owner of the dogs. Mr. Stowell played a tape of the dogs barking and of Mr. Johnson's children seeming to be

continued page 9



save 15% on comprehensive auto insurance

THE 'GOVERNOR'S AUTO THEFT STRIKE FORCE and the WENDELL/NEW SALEM COMMUNITY POLICING COMMITEE will be conducting an auto glass etching clinic on Saturday, September 9th, 1995, rain or shine.

* 8:30-11:00 AT THE WENDELL TOWN GARAGE
* 12:30-4:00 AT THE NEW SALEM FIRE STATION
* A $10.00 cash fee will be charged to defray costs.

BIG SAVINGS

The purpose of "glass etching" is to put the vehicle ID# on your vehicle's windows, so that it can more easily be identified in case of theft.

This also entitles you to the "anti-theft device" deduction on your auto insurance!

Tree of Peace Society

Many people in Wendell may remember the tree planting that took place on the common on September 5th, 1992. The white pine was planted by Jake Swamp, founder of the Tree Of Peace Society, based at the Akwesasne Mohawk Reserve in upstate New York.

Last year the tree sustained some serious injuries. It was difficult to watch the little tree fighting for its life. Winter came and went, and with the spring came new growth on the Tree Of Peace. It continues to stand today as a reminder that thinking and negotiation can replace violence and warfare as a means of settling disputes. And also perhaps as a reminder of the degree of difficulty of this choice.

Jake continues his work promoting peace and environmental protection through multi cultural programs, historical presentations, and youth and elder activities, as well as continuing to fulfill his responsibilities as a traditional leader in the Akwesasne community.

The Tree Of Peace is growing. We are envisioning new ways of reaching more people. To this end we are collaborating with the organizers of the Third Eastern Ancient Old Growth Forest Conference. Last year this event was held in Williamstown,MA and was well attended by the scientific community. This year the conference will be held in Fayetteville, Arkansas in October. The conference organizers are in the process of developing the Values section of this event and have enlisted the help of the Tree Of Peace Society. It is perfect opportunity to balance the scientific point of view with a discussion of values, and the responsibility we all share toward the natural world.

We are working on raising the funds neccessary to send Jake Swamp to the Ancient Forest Conference as a keynote speaker. We're running out of time. Please help the Tree Of Peace Society make use of the great potential of this collaboration. Any donations will be gratefully accepted and are tax deductable. We will respond to donations with written materials about the Tree Of Peace Society. Checks should be made out to the Tree Of Peace Society, and mailed to: Heather lenz or Paul Wanta, 17 Bear Mtn.Rd., Wendell Depot, MA, 01380. Questions? Please call us at 544-2399.

Anyone interested in more information on the Ancient Forest Conference can contact Bob Leverett, tel.# 413-538-8631.

Heather Lenz

TAXPAYER NOTICE

DO YOU OWE BACK TAXES?

IF THE ANSWER IS YES, YOU SHOULD CONTACT THE TOWN OF WENDELL TAX COLLECTOR.

TAX LIENS ON OUTSTANDING TAXES DUE WILL BE PLACED BY THE OFFICE OF ATTORNEY T.BUFFUM FOR THE TOWN OF WENDELL DURING THE MONTHS OF SEPTEMBER AND OCTOBER.

TAX COLLECTOR
TEL: 508-544-8716

508-544-7601

HILLTOP AUTO
REPAIRS AND WRECKING
HC 82 Wickett Pond Rd.
Wendell, Mass. 01379

24 Hour Towing Service
General Service -- To High Performance Big Blocks

Mormon Hollow Auto LTD.

JOSEPH DIEMAND
DEAN WONSEY
JANE MARSHALL

NAT'L. 1-800-DIE-MAND
LOCAL 508-544-7206

MORMON HOLLOW ROAD • WENDELL, MA 01379

Stamell Stringed Instruments
Dealers in violins, violas, celli and string bass.
Expert repairs and restorations
Stringed instrument rentals
15 North Pleasant St.
Amherst, MA 01002
(413) 256-0936
Matt D. Stamell
Luthier

Jerry Eide
Hill Town Restoration
(508) 544-7864
Specializing in Preservation Techniques

(508) 544-0991
Wendell, MA
Most Makes & Models

WENDELL FENDER AND MOTOR MENDER

PAUL NEWCOMBE

Fast Reliable Service
Affordable Rates

Let the melodies of our own...
Judith Ann Marie
sweep you away
Circle of Hearts
New CD available at the Leverett Coop and the Wendell Country Store

Wendell Woodworking
Bud Davis
Computer Aided Design
Building & Remodeling
Custom Cabinetry & Furniture
304 New Salem Rd.
Wendell, MA 01379
(508) 544-7290

Free Box Frolics

Rumor has it that I have been asked to MC at the Full Moon Coffeehouse this Fall. Well, here goes ...

I would love to host a Free Box Fashion Show as part of the open mic.

So, we are looking for flamboyant (or not so) individuals who would like to sport their garb up on stage some Saturday soon!

For folks who frequent the Free Box--please remember only clothing goes into the Free Box. Everything else goes to our recycle station (W.R.A.T.S.).

Also, the Free Box Committee) is always looking for volunteers to help us with Free Box tasks. It's a big job but somebody's gotta do it!

P.S. It's fun and our wardrobe is grand! Please call if you'd like to help. Thanks!

Mez Ziemba
(treesister)
544-7561

Library Summer Program

The Summer Reading Program ends August 5 with a small celebration at the library. "Reading is Natural" has been the theme.

We have explored collage, made salt dough critters, and made nature weavings with ferns, to name a few activities. The group has fluctuated between 5-8 children on Saturday mornings at the library (age range 7-12).

I have seen children getting excited about finding both fiction and non-fiction on the shelves. Several participants learned how to request inter-library loan materials.

A few families began using the library again that hadn't done so in years. Having children get excited about books is the just dessert!

The children who came on Saturday mornings received a Wendell Free Library Book Bag, a poster and coupons to fun facilities around the state.

It was a fun reading program! THANKS TO ALL WHO ATTENDED!

Mez Ziemba
Director, Summer
Reading Program
Wendell Free Library

The Enchanted Forest

It's been a fabulous summer at the Enchanted Forest!

Around 50% of our enrollment was from children living in surrounding towns such as Amherst, Shutesbury, Gill, Leverett, Orange, Greenfield, Montague, Bernardston and yes, even one camper joined us from the country of Norway for two weeks!

From murals to molas, clay to colours, fimo to fun, we have enjoyed on the average of 30-40 children a week in our summer camp. Heartfelt thanks to our oh so generous scholarship sponsors who sent 15 Wendell children to camp in this '95 season. These very special individuals wish to remain anonymous.

We've had some very exciting moments at Ruggles Pond as well. Thanks to Hal Stowell and his staff for the use of the Ranger Station during our summer storm watch.

Thanks too, to Erin Williams for her magnificent directorship for our end-of-summer play.

We have watched some of our JCITs (Junior Counselors in Training) learn and develop skills so that they may grow into Junior Counselors.

Our JC's (Junior Counselors) have proved themselves responsible, creative and interactive young adults. And of course, the campers have been wonderfully creative and active in the water! We have lots of good swimmers!

We have enjoyed working with all of your children this summer and look forward to seeing many of you this fall. In Health and Happiness,

The Enchanted Forest Staff
Gail, Mez, Cheli, Rosemary,
Ruth, Lydia, Kerry, Kristina
and Michelle

THE ENCHANTED FOREST
AFTER SCHOOL PROGRAM

Greetings!

As our summer program winds down we are looking forward to our After School Program at Swift River School.

We will be bringing back our expertise in the arts with some exciting new projects. We will be incorporating nature walks and exploring our natural environment in our program.

We will be open and available the first day of school for your family's needs. Please look for our contracts and schedule in the mail.

If you do not receive this information, please call Gail at 544-6362.

Looking forward to Fall!

Respectfully,
Gail Ainsworth/Krutka,
Director
Mez Ziemba, Co-Director

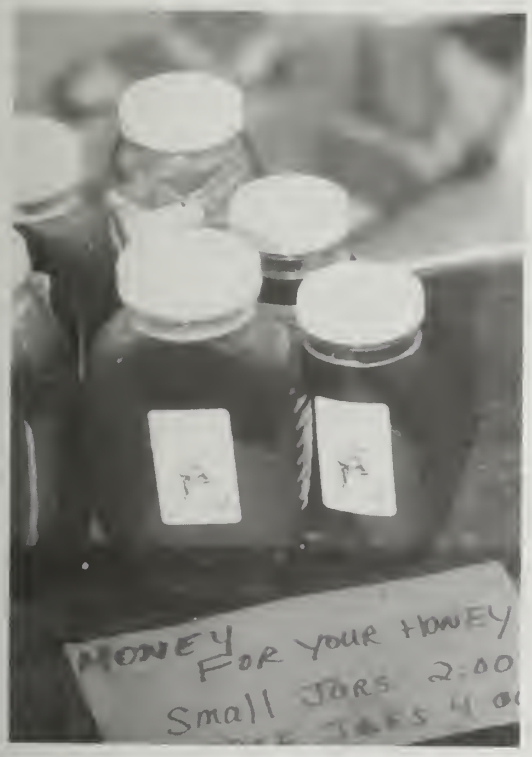
Old Home Day

By 10a.m. Saturday, preparations are in place; tents, platforms, exhibits, merchandise, food vendors--and when the fire truck rolls out with a kids' parade in tow, the fun is non-stop 'til the sun goes down!

Smokey the Bear came - and Robbie with his trains - a Martial Arts (Aikido) demonstration - and the colorful theatrics of 'Stone Soup' - thundershowers threaten - haircuts to benefit the well fund - and a Chinese auction for the Fire Dept. - our newly nearly-finished Police Station proudly on display - wonderful Wendell music - thundershowers Promise! - clowns of all sorts - tables and tents of unique and varied offerings....wood and metal crafts - produce - art galleries - information - gems - jewelry - clothing and silks - rummage - minerals - toys - massages - and food, food, Food!

Two brief deluges send folks squeezing into shelters for cozy visits with friends and neighbors - music is abbreviated; heat is alleviated - many prefer to be drenched - commemoratives honoring two of Wendell's very finest - and an evening wedding on the gazebo.

Many thanks to set-up and cleanup crews, musicians and sound systems, volunteers and contributors, and of course the illustrious organizers. An exceptional event, well-done, well-attended, well-enjoyed!



Quabbin Mediation

QUABBIN MEDIATION
P.O. Box 544
Athol, MA 01331
(508) 544-6594

Purpose: Quabbin Mediation is an affordable non-profit program for the North Quabbin area and beyond, mediating disputes which arise in all areas of community life; teaching conflict resolution and violence prevention skills; and weaving the language and process of creative problem solving and mediation into the fabric of the community.

We will open our new office on the first floor of the Orange District Court building in mid-September. We want to thank the Masonic Building Partnership for their generous contribution of the large, sunny office space to Quabbin Mediation for the time being. We also have an Athol address: P.O. Box 544, Athol, 01331.

Until we get a telephone at the office, you can reach us through Quabbin Mediation's president, Ann Clukay-Whittier, Esq., at 544-6594. The Quabbin Mediation office will be staffed part time by Anna Miller and Sharon Tracy (co-Executive Directors) and by Deen Leonard and Louise Doud (Case Coordinators).

The Athol selectmen voted to give Quabbin Mediation a $10,000 grant for mediation services for low and moderate income Athol residents. Of course, we will also mediate conflicts for all people in the North Quabbin area on an affordable sliding fee scale.

We can mediate most kinds of conflicts, for example, disputes among neighbors, in families, small claims, landlord/tenant, parent/child, in workplaces and between businesses, for teens, elders, and others.

In order to start the program up, Quabbin Mediation is seeking funding from foundations, donations, and other such grant sources. Our plan, however, is to be self-sustaining within several years. In the meantime, we are relying on the support of the North Quabbin community to help us get going. For example, our new office space is very bare, so loans or gifts of furniture and equipment would be very much appreciated. Gifts are tax deductible.

Please call Quabbin Mediation (temporarily at Ann Clukay-Whittier's law office: 544-6594) if you have any questions about possible cases or if you would like us to make a presentation to your organization. By mid-September, you should be able to find our telephone number through Orange information.

Wendell Well Fund

The Wendell Well Fund is at the point where Ted and I think we can see the light at the end of the tunnel.

Over the last three years we have raised over $7,500.00. This has paid for the drilling of the well, having the well hydrofracted, new water lines to the Townhall, a new pump and a few other various items. All the above cost us about $5,000.00. That leaves us a balance of $2,500.00 to use for the filtration system that needs to be installed because the water from the well is high in sodium and some minerals. The estimate to do this job is around $4,000.00. We have a few ideas to come up with the remaining $1,500.00, yet if anyone has any ideas, suggestions or money, we are always happy to talk.

Annie Diemand

Congradulations

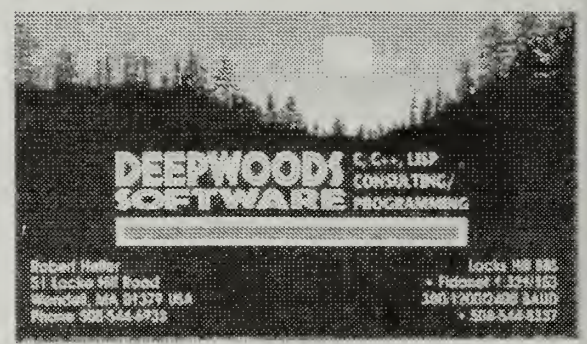
Mike and Cindy

Soon to be coming out with a line of all natural hair products

THE DIEMAND CUTTER HAIRSTYLING SHOP
For Women and Men
Next to the Egg Farm
on the Millers Falls/Wendell Line

(508) 544-3045
(not long distance in Franklin County)

6 Morman Hollow Rd ▫ Millers Falls, MA 01349



What is Deepwoods Software?

Deepwoods Software is a small shareware and consulting business owned and operated by Robert Heller, who has been working full and part time as the main "Systems Guru" for the Computer Vision Lab of the Computer Science Dept of the University Of Massachusetts Amherst for better than 10 years.

Over the years, I have become very fluent in a number of programming languages and operating systems, including FORTRAN, LISP, C, C++, VAX Assembler, CDC Cyber Compass, the gory inner workings typical of LISP interpreters and compilers, the details of writing a VAX/VMS device driver, graphics libraries, data base libraries, and many more things.

If you have a problem involving system issues, graphics issues, or data base issues, I have probably had to deal with it at one time or another and can very likely come up with a simple and efficient answer. Drop me an E-Mail message at one of the E-Mail addresses below. Or give me a call at 508-544-6933.

I also write shareware. I have one program presently available, *Home Librarian*, a package for maintaining a database for all those books, tapes, and records around the home. I have two other packages presently in the works: a complete *Model Railroad system* which will include a CAD sub-system, a dispatching sub-system, as well as a collection of other useful model railroading utilities and a data base program for Role Playing gamers which is a database system for maintaining the (tons) of information RPG gamers need to maintain.

I also run a FidoNet BBS: at 1-508-544-8337 (300/1200/2400 BAUD, 24hrs.). If you have a computer and modem, you might want to give the BBS a call. It is a *free* BBS — that is there is no charge to use the BBS and even use it for local FidoNet E-Mail.

Visit my shop in the Tarheel Mall on the InterNet. The URL is: http://netmar.com/mall/shops/heller/.

Robert Heller
InterNet: heller@cs.umass.edu
BIX: locks.hill.bbs
FidoNet: 1:321/153

Selectboard Minutes
Continued from pg.4

inciting the dogs' frustration. Mr. Johnson claimed this was an isolated incident and stated that Mr. Stowell has not been neighborly for as long as they have lived near each other. Ms. Culley suggested the two men meet with a mediator and offered to suggest the name of a professional if needed. Both men agreed to seek help through mediation and Mr. Johnson agreed to move the dog presently housed nearest to Mr. Stowell's property line.

Selectboard members reaffirmed their January vote to raise all town employees' salaries by 3% as of July 1, 1995.

Lisa Hoag and Jerry Eide attended the meeting to offer their services to beautify the new salt shed. Mr. Eide suggested covering the concrete sides of the shed with wood so it might resemble a shaker barn. Ms. Hoag suggested the roof be done in either black or slate gray shingles which again would be more fitting to a New England design. They brought with them a book of New England building designs to better demonstrate their ideas. Ms. Hoag has a degree in color and design and Mr. Eide is an architect. The Board members stated their gratitude for the concern and knowledge of Ms. Hoag and Mr. Eide. They will speak with Mr. Bacigalupo and the builders and suggest they take the information under advisement. The meeting adjourned at 8:50pm.

Wendell Selectboard Meeting July 11, 1995 - Minutes -

The meeting convened at 7:00 p.m. Board members present were Anne Zak, Ted Lewis and Margo Culley. Minutes were read and approved and warrants were signed.

The Block Grant Public Hearing took place at 7:05 pm. Mr. Bruce Hunter from FCRHA discussed the five activities being requested from the three towns involved in the Block Grant. Wendell... Three dry hydrants at a cost of $63,000 including engineering costs and adapters for the Fire Dept.

... Repairs to Morse Village Rd. (from the center of town to Jessie Wetherby's home, 2100 ft.) at a cost of $385,000. This includes excavation of surface and road bed, 16 catch basins, a new surface of 3 inches butuminous, widened a bit where driveways allow and engineering.

New Salem...Two dry hydrants at a cost of $40,000, including engineering and the digging of fire ponds. Erving...Town Hall handicap accessibility for bathrooms, enter ramp and vestibule to incorporate a lift from the basement to the first floor at a cost of $67,000, including engineering costs.

...The West High St. sewer and water project and the overlay of sidewalks at a cost of $252,000. Mr. Hunter said the application due date is Aug. 4, 1995. It will be heard on Nov. 1, 1995. It is a 14-month Grant and work should be completed by Jan. 1, 1997. He said it is very competitive with about 80 applicants. The Hearing ended at 7:38 pm.

Elizabeth Scully reported dollar figures received from School Board member Christine Ewell who was unable to attend the Selectboard meeting. They are as follows:

...Anomaly money - $25,613.
...Chapter I - 7,625.
...Insurance savings - 10,933.

Federal/State Reduction $4,248.

Cherry Sheet numbers for Fiscal year 1996 were published and are available for perusal at the Town Offices.

Bid openings are due for Montague Road repairs on July 25, 1995.

Regina Curtis reported the Police Grant will be completed on Friday, July 14, 1995.

Michael Idoine, FinCom member, attended the meeting briefly to inform Ms. Curtis that her request for computer software must be heard at a Special Town Meeting.

Paul Rich attended the meeting with a request that the Selectboard members do something to help in the ongoing problem of barking dogs in his neighborhood. Mr. Rich said he is "feeling great stress and is getting traumatized". He said there are eight dogs owned by three separate households in close proximity of one another and the dogs bark incessantly. Mr. Rich said he needs public acknowledgment from the Board in order to take his neighbors to court. He requested a Dog Hearing to be held. Anne Zak suggested she and Ted Lewis go and speak to the dog owners and perhaps ask Maggie Houghton to hold three separate Dog Hearings. Board members also suggested mediation.

The meeting adjourned at 9:00 pm.

Wendell Selectboard Meeting July 25, 1995 - Minutes -

The meeting convened at 7:00 pm. Members present were: Anne Zak, Margo Culley, Ted Lewis. Also present: Regina Curtis, Doug Turner and Elizabeth Scully. The minutes were read and approved and the warrants were signed.

Michael Broad from FCRHA attended the meeting to accept the signatures of the Board members for the contract documents for the Grant.

Danny Bacigalupo attended the meeting to have the Board's approval on the choice of roof shingles for the salt shed.

The Board also discussed with him the planting of two oak trees to replace some of those trees given to the town through the Releaf Grant which were vandalized. Board members agreed they would request the town to raise and appropriate funds for these trees at the next Special Town Meeting. They also reported to Mr. Bacigalupo a complaint from a citizen that brush cuttings were left on his property. Danny will call him about it. Mr. Bacigalupo and the Board also talked about a letter received by the contractor for the Jennison Road culvert from the MDC. The MDC is not pleased with the drainage erosion control plans and suggested they do a drainage plan (for a fee) if the Town of Wendell receives the grant. Since the erosion control and the drainage diversion plan could cost many thousands of dollars, this would not be feasible. The amount of the grant would not cover all of the costs. A span bridge rather than culvert was discussed but this too would double the cost. The town and the MDC will meet with Mr. Bacigalupo and the engineer to discuss this further.

Ms. Curtis will call the proper authorities to check on the new cemetery deed. Selectboard members lamented the fact that the most recent deceased citizens of Wendell were not able to be buried in Wendell.

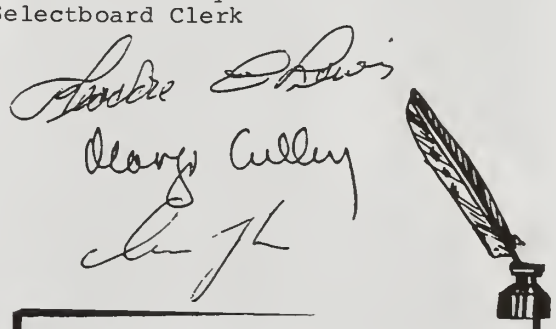
Anne Zak will call local carpenters re: bulkhead repairs on the basement of the Town Office Building.

The Board will request a member of the Swift River School Committee to attend the next Selectboard Meeting in order to reappoint Christine Heard to that committee.

A Management letter and Audit Report was received from Auditor Scanlon.

The meeting adjourned at 9:00 pm.

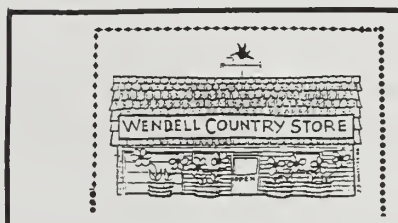
Respectfully submitted,
Elizabeth Scully
Selectboard Clerk



Athol Memorial Hospital
proudly announces the arrival of a new physician in our community!

Fadi Baladi, MD
Internal Medicine
(primary care for adults & adolescents)
142 South Main St.
Orange, Mass.
508-544-7187

In association with
Robert Knight, MD



Your Community Store

Groceries • Deli • Cafe • Gifts
Videos • Gasoline • Beer
•Wines & Liquors •
Everything for the Community
****
New this summer
Homemade Gourmet Deli Salads
• All New Cards and Gift Department •
Open 7 Days a Week
7:30 am - 9 pm (Sun. 9 am - 8 pm)
Sunday Beer-Wine-Liquor Sales
544-8646

Bear Mountain Masonry
General Masonry Stonework
Heat Saving Stoves & Fireplaces A Specialty
Jonathan von Ranson
(508) 544-3758
191 Thompson Rd.
Wendell, MA 01379

Karen Traub, M.Ed., I.A.P.
Integrative Acupressure
Arthritis · Headaches · Chronic Pain · Back and Neck Pain · Muscle Spasm · Immune System
Greenfield (413) 773-5010
Wendell (508) 544-7643

Metaconet Trail

Wendell's section of the Metacomet-Monadnock Trail got a facelift this summer thanks to the help of co-maintainer Arnie Rosenbach of Farley and my teenage friend and neighbor, Shawn O'Dou. Work done included clearing the trail of brush and encroaching growth, chainsawing blowdowns, and giving all the blazes a fresh coat of paint. The broken overhang of the lean-to on the trail near Ruggles Pond has also been repaired as well as its roof patched.

The trail now restored represents one of Wendell's many natural treasures. For an afternoon away from your routine, try parking at Ruggles Pond and following the rectangular white blazes on the trees at the end of the parking lot. After five minutes sit on the steps of the lean-to and take a minute to browse through the trail register and feast on other people's trailside musings. Then, with the call of Lyon's Brook babbling by your side, set out on a five-mile trek through Mother Nature's delights. Not including stops or the presence of four-year-olds, it will take you about 2½ hours. Be sure to leave a car at the Farley Bridge for the return trip. Hemlock and beech stands, Jerusalem ledges, views of Vermont mountains, and a mile of Mormon Hollow Brook's swimming holes await you. Also, the lean-to is available for overnights. Check with Superintendent Hal Stowell.

For those who want to take a bigger bite keep in mind that the Metacomet-Monadnock Trail traverses Massachusetts for 120 miles from the Connecticut border in Feeding Hills to Mt. Monadnock in New Hampshire and makes a nifty two-week backpack over Mt. Tom, the Holyoke Range, the Pelham Hills, Northfield Mountain, and Mt. Grace in Warwick. At both ends i hooks up with other trails in CT and NH. For a guidebook and further info mation contact the Appalachian Mountain Club Trails Committee at PO Box 9639, Amherst, MA 01059. For information on the trail through Wendell or to report any needed maintenance please call or write me at 47 Old Stage Rd., Wendell, MA 01379, 544-6106 or Arnie at 544-6007.

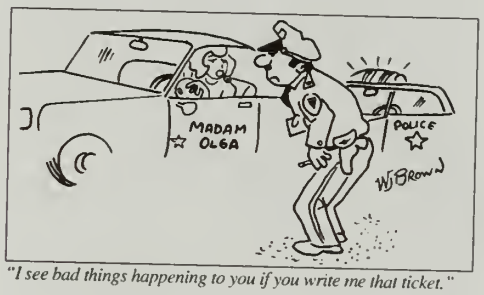
Happy Trails,
Don Chappell

John Bowers, Jim Paddock, Donald Clark Jr. Road crew members are shown working on Montague Road.

Rand Dance at the Salt Shed

As most of us have noticed the new salt shed is almost done. As I was admiring the workmanship, Danny jokingly suggested a dance. Well, anyone who knows me knows it doesn't take much to make me want to kick up my heels, so finding myself at the Selectboard meeting that evening, I asked permission to organize a dance. The dance is tentatively set for October 15, 1995 at 5pm, with a pot luck community supper to start off the evening at 4 pm. There has been a suggestion to have a bonfire outside also. If anyone wants to take that part on, please call me (544-6111).

Hilltown Fling will be performing, along with a to be announced caller.
Anyone wanting to help in any way, please give me a call.
Annie Diemand



"I see bad things happening to you if you write me that ticket."

Diemand's Farm
Wendell, Ma.
(508) 544-3806
Raised locally:
fresh brown eggs
*fresh Thanksgiven turkeys
*fresh roasting chickens
maple syrup
cord wood
lumber
as well as
catered chicken B-B-Q
A family business since 1930
*please pre-order

C & G BOOKKEEPING
COMPUTERIZED
BOOKKEEPING SERVICES
SMALL BUSINESS SPECIALISTS
GENERAL LEDGER & REPORTS
PAYROLL & QUARTERLY TAXES
WENDELL, MA 508-544-7735

Mark's
NEW SALEM
RESTAURANT
Mark Antsel • Chef-Owner
Catering • Private Parties
Fri, Sat, Sun 7-3 pm
Fri & Sat Dinner 5-8 pm
Daniel Shays Hwy. (Rt. 202)
New Salem, Mass. 01355
508-544-6618

Some News from the State Forest And an Afterword.....

July 25 '95

Some News from the State Forest, And an Afterword....

Ruggles Pond--well, Stephen B. suggested I tell about the new buoy system and about the differing temperatures.

Yes, we have brand new rope and buoys at Ruggles. Half-inch rope and smaller blue/white floats. We have actually brought out the roped area though some think it shrinks every year as the besieging army of lilies pushes against the protective line. Look, Ruggles Pond is in bloom!

We bought 600 feet of rope from Steve Clark at Piragis. He in turn bought 100 buoys from Jarvis Pools in Turners and resold to us and we strung the system together and floated it out in May--floated it out in a boat with oars--to anchor it down and take our stand.

So why the different temps in the water? First, we know that lake and pond waters stratify in midsummer with the sun-warmed water loosely laid out over the cooler bottom water. Second, ground water which finds a way to the surface is a spring. Springs can occur in a pond as well as on dry land. I think there are springs near the beach water which release cold water into "kettles" which float up into the warm overhead water, and that's the reason when you hear "Hey Dad, there's a really cold spot over here, come on over here!"

So it is at Pond Life Central. This hot, humid weather has our attendance up nicely. The children love it, you know. If we had a vendor selling two-dollar polliwog nets he'd make a week's wage! A really big polliwog is a prize as is a salamander. A child will recall these things in evening as he or she lies in bed, the fat belly polliwog, the squiggly newt in the net, the drumming of the bullfrogs way out there....

It's stronger than a locomotive,
mightier than a day at the mall.

H. Stowell

WHY I AM A THERAVADIN BUDDHIST

My first exposure to Buddhism came shortly after my divorce from a marriage of eleven years. It was a time of great upheaval, confusion and pain. As a single parent to two very young boys, I felt the importance of learning to see more clearly into what the cause for the suffering in my life was, and how to alleviate some of it. I found no better way than that which teaches awareness. After all, what I needed to bring my life into balance was, and still is simple awareness.

I actually started out at a hospital program for stress reduction and relaxation. It was held at the University of Massachusetts, Worcester, designed and led by Jon Kabat-Zinn and Saki Sonterelli with other coordinating teachers. In 1984 I did their beginner course, and followed with several of their graduate courses over the years. Basically what I was being taught all the while was awareness through the use of insight-meditation, yoga and various other exercises.

Eventually it leaked out to me through my association with people there, that a special place existed somewhere in Massachusetts, where one could go to investigate ones own experience intensively through the practice of insight-meditation for extended periods of time. This was a place reserved especially for silence. It was somewhere where no one would interrupt the practice, a place reserved for insight, with respect for practitioners, to the point of having basic essentials such as food and shelter provided as a gift of service, to enhance investigating minds. The thought of sitting amongst many others with the same intention, and no telephone ringing, no children singing, no interference or intrusions of any kind intrigued my interest greatly. How unique, a place with respect for silence and the development of awareness, I thought surely this must be the place for a deep peacefulness to develop and exist in. Now I had the tools of the trade and I was on my way.

It was there at the Insight Meditation Society in Barre Ma. that I began my introduction to Buddhism, quite unknowingly. Sitting in silence, eating in silence, walking silently mindful of every move, meditation became a way of life for me. Bringing awareness to every waking hour led me in the direction of insight. To begin with, being less exposed to worldly stimulus, I learned how I could pay closer attention to the life I am living by quieting the mind, so that I could see thoughts arising. Then, before reacting to whatever thoughts or feelings occurred, I could choose consciously the wisest response, which was often none other than to be aware of what was occurring. Given the circumstances, such a protected environment provides one with, space was created in my life, allowing for conscious correspondence to the thoughts or situations I was faced with, until my response became more and more one of wisdom rather than ignorance. In silence I began to see more deeply the arising of thoughts, feelings, and bodily sensations, intentions, attractions, aversions, and all the many qualities of mind which seemed to control my actions, though I had never noticed them much before, amidst the busyness of life. The impermanence of all these mind factors, the suffering I felt because of them, and the freedom I had to let it all go, became more obvious to me as I became more absorbed in the stillness of a calmer, quieter mind. My time was gifted by the presence of guiding resident and visiting teachers who led me with their knowledge to realize the wisdom within. It was there, at this Theravadan Buddhist Meditation Center, that I first learned to see mental perspectives arising, taking momentary form and disbanding, through the unsatisfactory quality of mind found in my potential attachment to them. I learned how the arising of thoughts and personally identifying with them, or clinging to them created fertile ground for further suffering. Thus my life, as I related to it was changing within me like never before, I was becoming aware. Beginning to see through the practice of moment to moment awareness, the cause's of my pain in life were becoming apparent to me. By using the guidance of insight-meditation (vipassana) in a protected environment, the chaos of my mind and my life, began to dissolve into a new level of silence. Using awareness to see the suffering in my heart and mind, I was able to turn the heat of my past thoughts and actions into the cool arising of internal wisdom. Tranquillity and mindfulness became my new life long friends, through them I realized the importance of becoming skillful in the way that I met my life. I learned to be protective of them so that they became my protection, giving rise to awareness and insight, furthering my understanding of life in it's unfolding.

Though much of my past had felt like hell, through the quiet focus of my practice over time, my faith was restored. Gradually I became aware of the fact, that although I am passing through (the often painful) mind formations and body sensations, I am not them. I later realized the teachings of the Buddha were always available to me through the I.M.S. library, but it was only after years of practice that I began opening them and inquiring as to what they were. Although the Buddhist Doctrine is endlessly fascinating to read and decipher, the Four Noble Truths I found to be the guide for all things in life, leading in the direction of liberation, enabling one to extinguish the heat of fiery thoughts, speech or actions. The arising of suffering, the cause of suffering, the cessation of suffering and the Eight Fold Path, as the Buddha told, is all that is necessary for one to know, in order to live a decent life. These things, being applicable to all life, bring forth guidance and protection through the simplicity of conscious awareness. The practice of mindfulness as taught by the Buddha himself, allows for one, such a state of refuge. So it is that I have learned to take refuge in the Buddha, the Dhamma and the Sangha.

My practice over the last decade or so has gone through many changes as life itself has, yet I remain involved in the application focused awareness. All of life is a meditation practice when we make it so, from parenting mindfully to the reciting of the Buddhist scriptures.

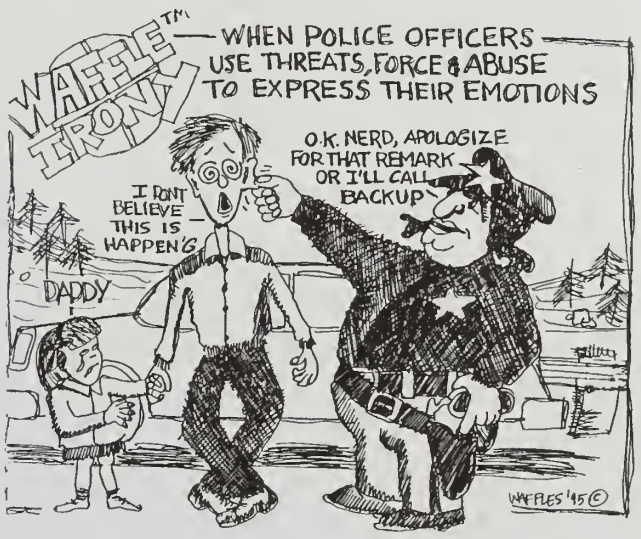
The most beautiful reciting of the Buddhist scriptures I have heard is done in the language the Buddha himself is said to have spoken in. This is the language of Pali. Chanting Pali is a very powerful and energy provoking form of meditation, I have become familiar with over the years. To my knowledge, it is at least one of the languages the Buddha transmitted Dhamma through. Fortunately for us here today, a few Buddhist scholars have very generously made translations easily available in English. As it goes, Pali is a very simple yet eloquently spoken language, therefore the teachings are more melodically recited in their original form. To my understanding, Pali is known as the street talk version of Sanskrit. Sanskrit, the oldest written language in the world, is a much more complicated language to sound out, therefor the Buddha spoke it to more educated sections of the land and used Pali when He spoke to the people of the streets, so it is said.

Though I found it purely by chance, I have chosen to stay with the teachings of Theravadin Buddhism, because it comes to me so directly. It is to me, the simplest, purest form of truth, leading in the direction of liberation. Through Buddhism in it's highest order, the reference to Nibbana, is a total cooling of all worldly fires that burn the mind and torment ones life, bringing freedom in its' most liberated form to those who abide in it. I can only say that it is a path I find worthy of attention and gratitude, for the results thus far have led my mind to calm itself and my heart to realize peace. Still I find I am at the beginning of the path with each step I take, smiling inwardly, allowing my attachment to ideas of past and future to dissipate into realization and appreciation of the present moment.

This being the first time I have shared my involvement with Buddhism so intimately and publicly, I would like to introduce a class here in Wendell. The class will involve instruction in Pali Chanting with periods of meditation between chants. When two or more voices blend in making the sounds of Pali, they are able to ring true the vibration of peace we have yet to hear. I would like to begin the class in early September, there is no charge or experience necessary, although donations will be accepted. If this interests you, please keep an eye open for a time, date and place of when and where we will be beginning.

My previous experience with Pali Chanting began at I.M.S. about eight years ago. I later helped to implement and lead classes in Pali Chanting at the Barre Center for Buddhist Studies. During a summer vacation four years ago, as an ordained Buddhist nun, I studied Pali under the guidance of the Khmer Trairatanaram Buddhist Temple in Lowell, Ma. I continue to lead seasonal groups in and around communities of Western Ma. My two sons who are now ages 13 and 16 are well versed in Pali chanting and this brings great Joy to my heart.

Dona O'Dou



~Respect~

The challenge we all face is to rspect somebody who is not respecting us -- to overcome the temptation to counter-attack with words or deeds.

This can seem hard, but it is easy. It is easy when you understand that an insult has no effect. When you allow it, the insult can change your disposition, but it can not change you! It can not change who you are. It has no real effect.

The worst thing you can say about offering respect is: it is harmless. It does not make a bad situation worse.

On the plus side, it opens the door to healing.

Respond with Respect.

Anonymous

Microwave Danger?

Linda Kosuda of Locksvillage Road wants to know why there is so much cancer in her neighborhood. She and her husband, Steve, list scores of women in the southeastern section of Wendell they know to have cancers of the brain, breast, as well as lymphomas and leukemia. Linda believes,"There's got to be something to it. I can't help think the microwave tower has something to do with our misfortune. There's too much cancer in town not to start looking. What's going on?"

Linda and Steve, who have lived in the same house 25 years, noticed long ago that the microwave transmitters were pointed straight at them. "It sure looks like it's heading this way", says Steve. They were "suspicious of the tower" enough that they decided to look for another place to live. When they found nothing suitable, they concentrated on "living healthy." Says Linda, "I thought, it won't happen to me, then, bango, I've got it worse than anybody." Linda was diagnosed in April with breast cancer. "My doctor said he has never seen it so bad of all the cases he's seen. This gave me determination to find out about the microwave tower."

Linda has been running a child care center out of her fastidious home for many years, under the eye of the microwave tower. Steve shakes his head and says, "Literally most of 19 years she has been here day in and day out at home. I thought she was safe at home, protected, but now I wonder, was she?"

Linda is worried about the children. "If its already going to do damage, it's done it. But what about the kids?" She knows of two children she cared for who have moved away and since developed leukemia, and brain tumor. "Maybe it (the tower) doesn't have anything to do with it at all, but does it?"

Even despite a bout of temporary vision loss caused by her treatment, Linda has been spending up to half an hour every day researching military studies which document the tissue damage caused by exposure to microwave radiation. Also documented is suppression of this information by the U.S. government. Much of the only available information comes from Soviet military data showing the relationship of microwave radiation and cancer, as well as cataracts, heart attacks and blindness.

Linda is fighting her cancer with good medical care, nutrition and keeping a positive attitude. The Kosudas feel a need in the midst of their own problems, to call out a warning to others to protect their own health. They want the tower down, so that it can never be quietly activated..."then people wouldn't have to worry if its running or isn't running, or are the deteriorating towers leaking radiation. If the tower isn't running, then it shouldn't be there."

Linda does not have enough energy to "bury the tower once and for all." She hopes that "people will read this article and be interested enough in it themselves, for the sake of their children at least." She has received advice from the Selectboard to get up a petition for more information about the tower and what needs to be done to get it down. She hopes people in town will care enough about their health to get something started.

A book Linda has found very informative is THE ZAPPING OF AMERICA Microwaves, Their Deadly Risk and the Coverup, by Paul Bodeur, available in the Wendell Free Library. "There's too much literature about microwaves and cancer. People just have to go out and get it, bring it home and read it. The Town has to be aware. Nineteen years I've worried about the safety of the kids, I'm not going to stop now."

by Kathy Becker

Strawbale Construction

Many people have asked us about our strawbale building project, so we thought it was time for a Post article as well as an open house for interested Wendell residents and their friends.

STRAWBALE OPEN HOUSE
Sunday, September 10
11 AM - 4 PM
135 Farley Rd.

Strawbale construction is an old idea coming back into vogue. It originated in the plains states circa 1890's as mechanical balers were becoming common. Trees on the plains were scarce; straw and prairie grass were abundant. Two construction methods were used: stacking bales within a post and beam frame, or using bales as giant bricks which are the walls and support the roof. The buildings were stuccoed inside and out with a variety of cement or mud plasters. A handful of strawbale homes still exist and are in use from around the turn of the century.

Over the past 10 years, interest in the idea has again been gathering steam as a number of events converge: a vastly growing awareness of ecology; the soaring cost of lumber; the soaring cost of conventional construction; a growing concern about the health hazards of high-tech building materials; and the desire for affordable super-insulated homes.

Straw seems to answer many of these concerns. It is a natural material that takes only half a season to grow, compared to wood which takes years. In fact, straw is actually a by-product of grain production. In the West it is often burned in the fields as a method of disposal, contributing significantly to air pollution. Densely packed into bales it has an insulating value of R-40 to R-50. Straw has a lignin structure similar to wood, so kept dry, it has the potential to last a very long time.

Intrigued by the concepts and possibilities, we read everything available on the subject. Our first question was of course about fire. Code testing on stuccoed straw construction indicates a comparable or better fire rating than standard stick construction due to the denseness of the bales and the protective stucco finish.

When we finally approached the Wendell building inspector for a permit, to our surprise he was already quite familiar with the building technique and supportive of the concept. So, what we have built is a 28.5' x 24' one-story woodworking studio out of strawbales with no supporting wooden frame. The bales, 180 in all, came from Canada where they are standardly tightly packed and tied with wire.

We poured an insulated slab with radiant heat coils above a rubble trench foundation. Embedded in the perimeter of the slab are spikes of R-Bar upon which the first course of bales are impaled. Every course of bales thereafter has varying lengths of R-Bar or wooden stakes pinning it to the courses below. We used a pressure-treated bottom plate to keep the first course of bales off the potentially moist slab. Airplane cables embedded in the slab loop up over the walls and top plate and are cinched down to themselves with turn buckles to tie the top plate to the foundation.

The walls went up in two days with the help of many friends. We hip-framed the roof to spread the weight to all four walls. The roof has an 18" overhang on all sides and will have the addition of gutters to keep the stucco and straw dry.

After the building had settled for several months the stucco process began. Some people lace 1" chicken-wire over the entire building inside and out before they stucco. We decided to follow the example of a Canadian strawbale contractor who stuccos directly onto the straw. We used expanded metal lath or chicken-wire at the base and tops of the walls, at all corners and at window and door openings--anyplace we thought the stucco might be vulnerable to kicks, bangs or cracking or didn't want the stucco to come in contact with wood.

On a weekend in April, friends and family joined us to apply the stucco --our mixture being 3 parts sand, 1 part lime, ½ part cement and a small amount of cloth fiberglass fibers. What we thought would be like kids playing with mud turned out to be somewhat more difficult. It takes pressure and muscle to embed that first coat of stucco onto the straw!

After two days, half the building had a first coat of stucco inside and out. We are continuing to stucco in small batches this summer as time allows. The open house on Sept. 10th will be one of the last chances to see sections of the straw structure.

If you want more information on the technique or just want to see a straw building, this would be a good time to drop by.

Rosie & Shirley

To make the impossible, possible; the possible, easy; and the easy, elegant.
Moshe Feldenkrais

Feldenkrais®

ANNE PERKINS
Certified *Feldenkrais* Practitioner

Wendell, MA (508) 544-6385
Northampton, MA (413) 586-1085
Classes Thursday s 9:30 AM & 5PM Wendell Senior Center